

Health & Wellness Content

Calculators:

- Body Mass Index (BMI)
- Healthy Weight
- Target Heart Rate
- Calories Burned
- Due Date
- Fertility
- Heart Attack Risk
- ...and much more

Tools:

- Adult Food Pyramid
- Children's Food Pyramid
- Breast Self-Examination
- Diabetes Dictionary
- Sleep Log
- Daily Blood Pressure Log
- ...and much more

Trackers:

- Cholesterol
- Blood Pressure
- Blood Sugar
- Stress
- Weight
- Exercise
- Meals
- ...and much more

Quizzes:

- Coronary Heart Disease
- Depression
- Diabetes
- Nutrition
- Obesity
- Stress
- ...and much more

Empower Consumers with Comprehensive, Current and Accurate Health Information

Online health and wellness information must be both clinically accurate and engaging for it to be valuable to consumers. OptumHealth Consumer Solutions' health and wellness content is consistently readable and informative. What's more, our Web pages are designed by some of the best minds in instructional design — content is highly interactive and encourages consumers to continuously explore the portal.

As you would expect, our content is also subjected to rigorous clinical scrutiny and is reviewed annually by nationally recognized experts. In addition, we are a URAC accredited health web site.

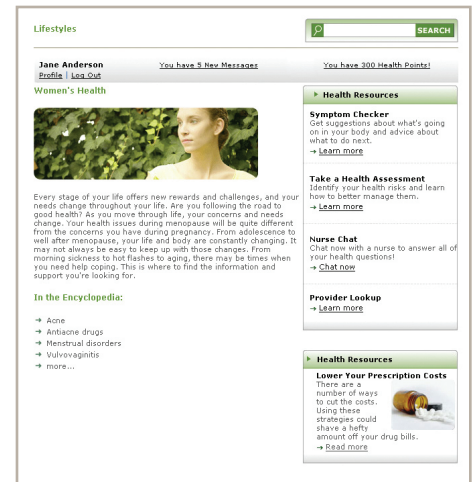
Benefits:

Empowered health care consumers tend to adopt health-promoting behaviors. Our health and wellness content is structured in a way that encourages proactive lifestyle and condition management, raises health awareness, and promotes treatment compliance.

You benefit by having informed, educated consumers who seek out personally relevant health information to make smart health care decisions.

Key Features:

- ✓ Extensive content on diseases, conditions, treatments, tests and procedures
- ✓ Health channels focused on men, women, children and seniors
- ✓ 3,600 A.D.A.M. health articles rich in graphics and visuals
- ✓ 650 videos covering more than 80 topics
- ✓ Newly designed SymptomChecker
- ✓ Extensive drug guide and interaction checker
- ✓ Medical Encyclopedia
- ✓ Tools, calculators, quizzes and a daily news feed



Contact Us Today

Reach OptumHealth at (866) 427-6845 or at engage@optumhealth.com or visit us on the Web at www.optumhealth.com.

OptumHealth | Optimizing Health and Well-Being | www.optumhealth.com

OptumHealth is comprised of the following divisions and UnitedHealth Group companies: OptumHealth Care Solutions (ACN Group, Optum, and United Resource Networks), OptumHealth Behavioral Solutions (United Behavioral Health), OptumHealth Specialty Benefits (National Benefit Resources, Spectera, Unimerica Workplace Benefits, and UnitedHealthcare Dental) and OptumHealth Consumer Solutions.

Contact us today to find out how we can empower consumers to stay healthy, reducing your health care costs.